

# Questions and Answers

*Important Information That Client's Should Know*

## Hair

1. *How often should I cut my hair?*

*To maintain healthy hair strands, it is advisable to trim at least every four to six weeks.*

2. *How do I check the elasticity of my hair?*

*Hold a strand of your own hair with both hands pulling it outwards, if it bounces back, then that means it is in great condition, however, if it breaks then it has poor elasticity.*

3. *How many hair strands does an average person lose a day?*

*The average person can lose up to fifty to eighty hair strands a day.*

4. *Why does my hair grow faster in the summer months?*

*Hair grows faster in the summer, because your glands are more active during the warmer months.*

5. *What is the average hair growth in a month?*

*Hair growth is at an average half inch a month.*

*Seniors hair grows slower than the average person does.*

6. *How do I avoid split ends?*

*Very simple, a good trim followed by a professional scalp conditioner.*

7. *I straighten my hair with a hot iron everyday, will this cause dryness and damage to my hair.*

*Yes, it will. Trimming your hair, every couple of weeks and a good professional reconstructive conditioner will repair your hair.*

8. *How important is a scalp treatment?*

*Scalp treatments are useful to stimulate the muscles, nerves and blood vessels of the scalp area. Make sure you use the balls of your fingertips, avoid digging into nails into your scalp.*

9. *Why is my hair so oily?*

*Your sebaceous glands consist of very little sac like structure in the dermis, causing a common form of dandruff. Cleanse your hair with a medicated scalp shampoo to prevent dandruff.*

10. *What is alopecia?*

*There are three types of alopecia*

*A. Alopecia -sinilis-baldness, which occur more in seniors*

*B. Alopecia premature-baldness thinning process begins before middle age*

*C. Alopecia areata- sudden falling out of hair in round patches, sometimes caused by anemia, syphilis, scarlet fever or typhoid fever*

11. *How do I treat alopecia?*

*Apply a scalp treatment such as medicated scalp ointments see your physician.*

12. *What can I use to condition my dry scalp?*

*Brush hair for five minutes a day; apply a professional deep conditioning treatment, using scalp manipulations.*

13. *My scalp is so oily, is there anything I can use to prevent this condition?*

*Brush hair for five minutes a day; apply a medicated scalp lotion to the scalp with cotton.*

*✂ Note: Do not use conditioner on the top of the scalp; apply conditioner to your ends only.*

*14. How do I avoid tangled hair after I wash it?*

*First wash and rinse hair, apply a professional hair conditioner, do not rinse, invest in a wide toothcomb, and comb hair with conditioner and then rinse. You will find hair more manageable and easier to style.*

*15. How effective is a color rinse?*

*Color rinses deposit temporary color and highlight hair.*

*16. How often should I color my hair?*

*Once a month your new growth will be at average half- inch longer.*

*17. My hair is so thick, is there anything you recommend?*

*Yes, have your stylist thin it out for you. This will decrease the fullness. In addition, make your hair more manageable.*

*18. What is the difference between semi permanent and permanent color?*

*A. Semi permanent hair color lasts anywhere between three to four weeks.*

*B. Depositing permanent hair color into the scalp and hair strands can lift your hair depending on the penetration of the volume of peroxide applied at the processing time.*

*19. What will happen if I have an allergic reaction to the hair color?*

*A patch test is required before applying the hair color.*

# Nails

1. *My nails have got affected by torn skin around my nails, what can I do to avoid this from occurring?*

*Hangnails can be trimmed with a cuticle nipper and disinfected with a mild disinfectant*

2. *My fingertips have a callus growth is that normal?*

*A pumice poser is essential by rubbing the callus and follow up with a hand lotion.*

3. *What can I do to prevent my hands from being so dry?*

*Wash hands, apply a thick hand lotion and cover hands with a pair of cotton gloves overnight is a great idea*

4. *How do I avoid my nail bed from having this yellowish color?*

*Simple apply a nail bleach or peroxide. Buff nails to help remove stains.*

5. *How long does an average nail grow?*

*Nails grow approximately 1/8 inch a month*

*Children's nails grow faster and senior nails grow slower*

6. *How do I prevent ridges in my nail bed?*

*Buff your nails with a buffer this will help to minimize the ridges*

7. *Why do my nails shed?*

*You may have a condition called onychatrophia caused by injury or disease use a fine emery board to smooth the nail bed. Avoid exposure to strong soaps. Use gloves when cleaning*

8. *Why are my nails so brittle?*

*You may have a condition like onychorrhexis, split nails, vitamin deficiencies, Strong soaps or careless feeling of the nails.*

9. *Why are my nails so blue?*

*Blue nails are a sign of poor circulation or a heart disorder*

10. *What is a ringworm?*

*Ringworm is an infection caused by a fungus. It is thick and discolored you can remove it easily by scraping it off.*

*Help! I think I have ringworm on my hands.*

*Contagious disease caused by a fungus. Symptoms are red lesions in patches or rings over hands.*

11. *My blistered feet and my skin are very red and oozing, what type of condition do I have?*

*This condition is ringworm: or athlete's foot*